

OFFICIAL PUBLICATION OF THE CANADIAN CAMPING ASSOCIATION

# CANADIAN CAMPING

*June 1953*

TORONTO, CANADA





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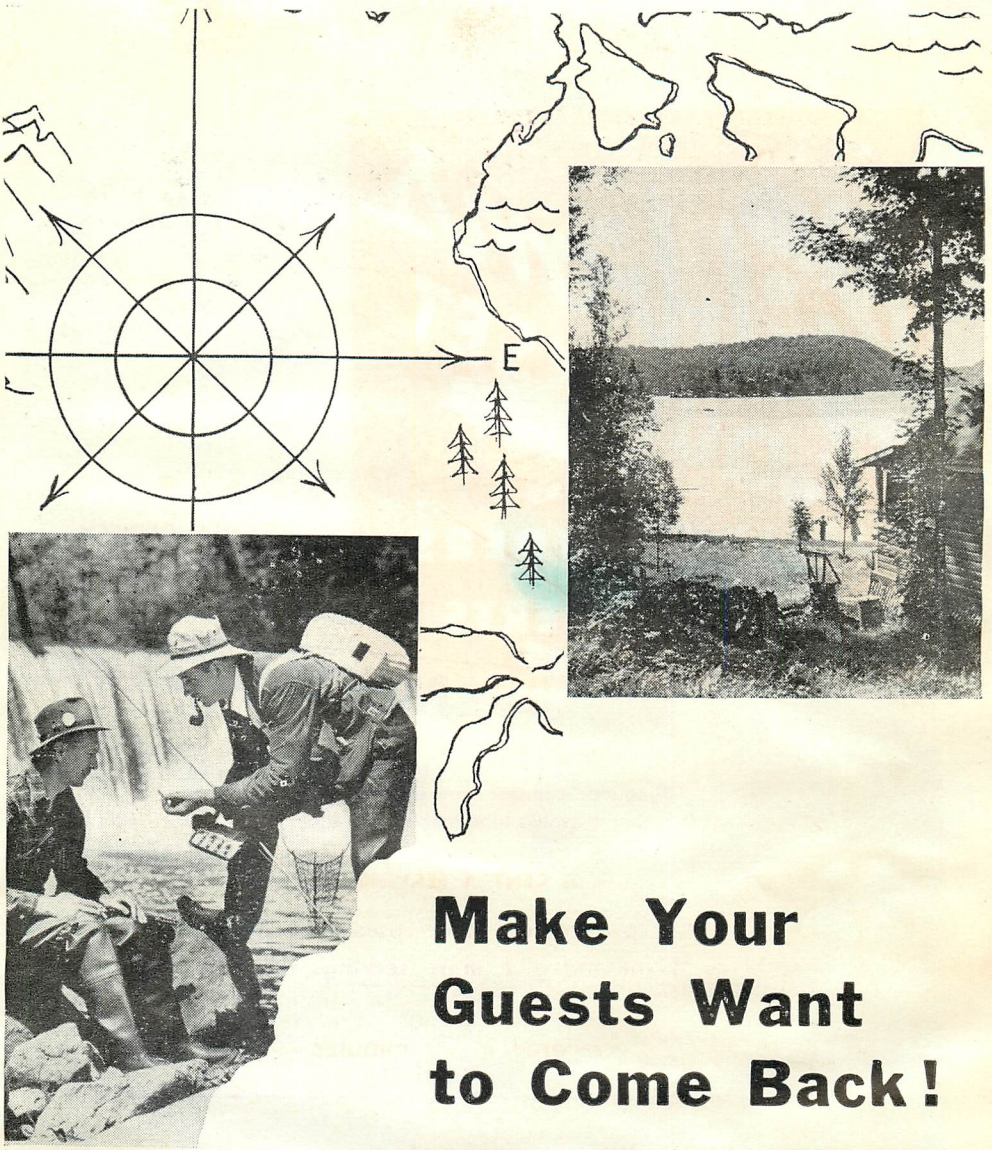
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# CANADIAN CAMPING

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## ***The Queen's Request***

*In her Christmas broadcast the Queen said:*

*"At my Coronation I shall dedicate myself anew to your service. I shall do so in the presence of a great congregation, drawn from every part of the Commonwealth and Empire, while millions outside Westminster Abbey will hear the promises and the prayers being offered up within its walls, and see much of the ancient ceremony. You will be keeping it as a holiday; but I want to ask you all, whatever your religion may be, to pray for me on that day—to pray that God may give me wisdom and strength to carry out the solemn promises I shall be making, and that I may faithfully serve Him, and you, all the days of my life."*



# ***Towards a Philosophy in Camping***

JOHN HOYLE

*Director: Camp GayVenture*

*President: Ontario Camping Association*

This writer is not able to look back to the turn of the century, when the stalwarts and pioneers of Canadian camping, under inconceivable difficulties, broke trail into the wilds and initiated a movement which brought health, happiness, the practice of unselfish service and creative idealism unto the lives of untold thousands. Some of these pioneers now have the grandchildren of their earlier campers enrolled in their camps. To these pioneer camp directors Canadian camping owes a debt it can never hope to repay. These men and women expected no reward but, indeed, they have their reward in the knowledge of work well done; work which has contributed greatly to the high idealism of life and service which is both the pride and objective of every right-thinking Canadian citizen.

It would be interesting if these early pioneers would compare their objectives of the first few years with their objectives for 1953. It is no disrespect to them to suggest that if they did so (and no doubt they have) the change in emphasis would be more than marked.

The writer cannot compete with these early pioneers of camping but the memories of his first experience in camping still stand out strongly. In

1910, as Captain of a Church Lad's Brigade, he took fifteen or twenty boys for his, and their, first camping experience.

What was the purpose in the mind of their leader? Well, it was mainly to give the boys a happy experience of living, to feed them well, and perhaps, to catch with them a glimpse of the Eternal beyond the immediate present. Undoubtedly, however, the chief aim was fun and food, which in those days, and in that locality, were not too easily experienced.

These objectives seem rather incomplete as we look on to the camping season just ahead and think in terms of the Ultimate Objectives introduced in our previous article in this series. What, then, are some of the greater, the more ultimate, all-embracing objectives that may give purpose to our 1953 programme? Objectives that may touch those deep chords of devoted service which will encourage our counsellors to go the "second mile" as they "take over" their group of half a dozen active youngsters who will be their responsibility for a week, a month, the season.

The longer our camp has been in operation the more urgent it is that we take time to consider these ultimate



objectives. Traditions may very easily become tragedies of inadequacy. To a point, traditional objectives have their place but only if they are constantly being re-thought and re-evaluated in terms of a changing social and economic order and in terms of youngsters whose own social and economic conditions are on the move. Dare we ask each camp director to honestly query his own traditional objectives and ask himself whether they are worth maintaining, whether they are really adequate for 1953 and whether they are indeed accomplishing the purpose for which the camp was instituted ten, twenty or fifty years ago?

Camp activities, *per se*, must always be recognized as means, not ends, as contributing towards something bigger and better and more permanent. Fine and useful as are normal camp activities, how permanent are they in their results? How many camp activities will have permanent value ten or thirty years after the camper sadly bids farewell at the close of his last season? Certainly most camp activities make a great contribution to health, fun, and, we hope, safety, but to what extent do they in and by themselves contribute to well-balanced, mature adult living? The writer is not endeavouring to disparage camp activities but he is trying to point out that there are, after all, contributing factors to mature living, and mature living will not be achieved *just* through a programme of haphazard activities.

William H. Kilpatrick, Head of the Department of Education of Teacher's College, Columbia University, used to tell us that every activity should be evaluated in terms of its ability to "lead on" to something still more interesting, more valuable, more permanent; that every thing we do is leading on but the question is to *what* is it leading us?

Here, then, is the need for some careful thinking on ultimate objectives. Is our activity programme so geared, are our counsellors those kinds of people, and is our training programme so planned that the entire camp staff is moving together to encourage the campers towards ways of thinking, of feeling, and of activity that will have permanent value in the years to come as well as in the immediate present?

Let us again make it clear that ultimate objectives do not minimize immediate objectives, they are complementary rather than competitive. But as directors and counsellors we are working with growing and developing personalities and we must be thinking in terms of to-day while we are also thinking in terms of tomorrow, and tomorrow may be twenty years ahead. While we are endeavouring to give our campers the best we have for them now, we must always be thinking in terms of the future. A well-rounded programme of activities may lead on to a mature well-adjusted adult; it will, if each element of our camp life is thought through and considered in light of the future as well as the present. The gist of the situation depends upon what sort of an adult you want your camp to assist in developing. This requires the defining, and the clarification of values as regards our entire camp programme. Let us then look at the first of these ultimate values.

One of the great contrasts the writer finds between his camp programme of forty years ago and his programme of to-day is the basic need of helping counsellors (and staff) to acquire, experience, and make permanent the ability to relax. Our daily newspapers keep us well informed of the number of break-downs and deaths due to failure to live a relaxed life. The camper to-day comes to us from a round of



winter activities well designed to gear him up for a life of intense pressure with all its potential of neuroticism, complexes and tensions. The pressure of school and homework, especially in the senior grades, is heavy. To this load parents, wisely or unwisely, add music lessons, ballet lessons, skating lessons, etc., which together with necessary social responsibilities, tend to make life for the adolescent an experience that is too full, too rigid, too regimented. Extra curriculum activities including many things good in themselves may become actually harmful when carried to excess.

Camp may offer an antidote. In the early days of camping starting with compulsory "physical jerks" and a before-breakfast swim (also compulsory) until "lights out", camp was a ceaseless hive of activity, so that in not a few cases children returned home exhausted and quite unprepared physically and emotionally for their home and school duties. No wonder some parents wondered whether camp was really a constructive and healthy place for their children.

To-day, the modern camp looks upon camper relaxation as a basic *must* not alone for the immediate present but as a means of guiding children towards a full life, richly enjoyed, because adequate time is allowed and the terrifying tension of hurry is missing. How, then, can this be accomplished? First of all there is the after dinner rest period of not less than one hour and a half. If this is to be really effective it must be rest period free from noise, commotion and special meetings. Rest period is not the time for clan or section meetings, or special swimming classes, or loud speaker announcements. It is a period for uninterrupted relaxation, for sleeping or reading, or even quiet conversation. (Have you ever

tried playing quiet music over your amplifier as a means of inducing quiet and sleep?).

Then there is the need of adequate sleep at night. It is so easy to keep up young children for special programmes which, while excellent in themselves, are having just the opposite effect on the campers themselves. The younger campers of six or seven need to retire before seven o'clock, and "lights out" for the oldest campers should not come later than nine-thirty o'clock. "Lights out" should be exactly that, plus quiet, so that every camper may get the rest and relaxation his developing body so urgently requires.

As another aid to relaxation some camps have abolished all bells, sirens, bugles and similar distracting influences except for fire alarms and whistles on the waterfront. The results have been surprising and regularity and punctuality do not seem to have suffered. Why? Because the campers co-operate.

The same applies to the movement of campers from one activity to another. Surely schedules can be planned so that campers may pass from area to area without the feeling of pressure, without having to run "to be on time". Certainly punctuality is a most desirable trait but let it be punctuality based on a growing sense of time and not under the constant and impelling strain of pressure, and maybe in some cases, fear.

Such a programme may readily be worked out. For example, setting the clock back to Standard Time for the first six weeks of the season definitely helps youngsters in getting to bed more readily. Then, as in this day and age every counsellor and Activity Head wears a wrist watch there is no reason

*(Continued on page 37)*



# ***Counsel for Counselors***

MARY S. EDGAR

*Director: Glen Bernard Camp*

Two little campers near my cabin were breathlessly watching a green and mauve butterfly emerge from a drab grey chrysalis. As its shining fragile wings slowly unfolded, there was hushed silence. A whistle sounded from the wharf for swimming—the most popular activity of the day, but neither of them paid the slightest attention. A miracle was happening before their wondering eyes!

There are other miracles that happen at camp and even the leader with seeing eyes and an understanding heart may not guess the inner and lasting significance of such things as a camper's silence in the presence of beauty, a camper's pride of achievement in creating something, or a camper's satisfaction in a widening circle of friendship. There are "magic spectacles" which all counsellors should try to wear in looking at each separate camper as an individual. One of the lenses is "insight" and the other is "imagination". With such a vision the camp leader can glimpse miracles of character development and, what is infinitely more wonderful, she may even play a part in the Divine process.

Let us consider some of the ways in which we, as leaders, can play a part in character building. First we can establish a bond of friendship. If we are truly interested in our campers, they

will be quick to sense the sincerity of our interest. If we believe in them and expect the best from them, our faith is likely to inspire the response we desire. A freshman in college wrote in her diary some of her ideas about leadership: "A leader is a person who can make you expand into doing things you never dreamed of—all because she believes so hard in *you* and your ability and what you have to share. Some people freeze you up, while others make you see that your ideas and pep are just plain needed. And she makes you self-winding too—not all dependent on her, but full of new ideas and plans of your own, until you feel like a natural-born creator. The Dutch don't just *raise* tulips; they love them up. That's like a leader! She loves you up, and I believe that anyone who cares enough can learn to do it."

If we care enough, we shall give much thought to planning the sort of camp program which will mean most to our campers. We shall think about our own particular group of campers as individuals—very special and important. We shall take stock of our own resources, our talents, our training and abilities, our camp-site possibilities, and try to plan to get the most value out of what we have. We shall realize how precious the brief camping period must be for children who look forward all year to their camp days.



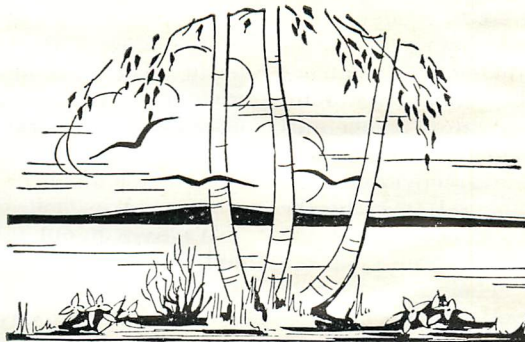
Apart from planning the usual camp activities which most campers enjoy and which are an important part of the program — such as swimming, canoeing, trips, archery, dramatics, crafts, etc., we should give much thought to how the campers can have a part in planning their own program. It will be a much more successful holiday if there is co-operation in planning the events of the day. Campers will themselves grow into leaders as we share with them our responsibilities and let them feel we *need* their ideas and their enthusiasm. At camp reunions when old campers happily share reminiscences, their most unforgettable memories are of times when they assumed certain responsibilities, or played some new role, or met some unexpected emergency.

There is immeasurable value in having some "free time" at camp. Do not try to schedule all the precious hours. Solitude and a sense of freedom in the out-of-doors can be a surprising new adventure for a city child. Help her to discover the exhilarating tonic which can be found by going alone into the woods, or by just resting in a quiet

place beneath a friendly tree under the good blue sky. There is a quotation from *Mrs. Miniver* which expresses this idea. "So far as Mrs. Miniver knew, she had no appointments that day, either pleasant or unpleasant and that in itself was good. To be entirely at leisure for one day is to be for one day an immortal." Some of our campers will use this free time to discover the beauty of the world about them, to think new thoughts under the stars, and to wonder about Life—all of which will link them with the "Immortals".

Leadership is responsibility, and the essence of true leadership is humility. We must grasp the fact that we cannot lead others unless we, ourselves, are constantly developing inner resources of poise and wisdom. We need confidence and harmony within ourselves if we hope to inspire it in others. As a final word, may I quote a very suitable prayer for every day of camp.

"God give me sympathy and sense  
And help me keep my courage high.  
God give me calm and confidence  
And, *please*, a twinkle in my eye."





# ***Cooking in the Out of Doors***

FLORA M. MORRISON

Before the opening of each camp season, counsellors spend many hours together, discussing the camp program. If camping is to be the thrill which most young campers expect, the program must centre around outdoor activities. For a new camper, his first meal cooked down by the lake may be the highlight of his summer. It will take the clever guidance of the counsellor to make this event a thrilling one. He will have to arrange a simple menu because the obstacles in outdoor cooking are many. He will have to be nearby to give assistance frequently when it is needed. He will require endless patience, because it is always easier to do it oneself. If the child has taken a share in the preparation of the meal, and if the results are good to eat, it is most likely that he will want to repeat the experience and to progress to more complicated menus.

I have often wondered why, at our summer cabin in Haliburton, we prefer cooking most of our meals on the outdoor fireplace when we have a perfectly good stove and convenient kitchen inside the cabin. It may be the view of the lake, the nearness of the birds and animals, the smell of the woodsmoke or the achievement of producing a good meal with the adversities of wind and stubborn fire. Whatever the reason, I think it must arise from our first happy cooking experi-

ences in camp or out on a canoe trip. Cooking the meal is a part of living in the out of doors—so time spent in preparing a meal must not be rushed. Some of the enjoyment vanishes if campers become too hungry before the meal is ready. Their impatience often results in partially cooked or wrongly cooked food, which is both unpalatable and indigestible. Fresh air in itself is no antidote for spoiled food. The statement that, "Everything tastes good in the out of doors", is used too often as an alibi for the counsellor's lack of skill in planning and supervising the preparation and service of the meal.

Outdoor cooking, as any other activity should be graded to the ability and interest of the campers. The youngest camper may find toasting a piece of bread is quite difficult enough. Older campers and counsellors may delight in spending a day making a dinner party. The boys or girls on a canoe trip may discover much pleasure in planning and packing supplies, and preparing menus adequate in nutrition, efficient for toting.

We have found a few general principles which are important in any outdoor cooking. After discussing these, we will describe ways in which these can be adapted to cooking activities for campers of different levels of ability.



### 1. *Plan time for a meal outdoors*

Cooking a meal should be considered part of the day's program rather than something to which one rushes after a strenuous afternoon of activity. In fact, campers find it interesting to spend the morning planning and packing the meal to be cooked out. Then they can paddle, row or walk leisurely to their campsite and perhaps enjoy their morning swim before preparing the meal.

### 2. *Cooking Sites*

Every camp has favourite spots where campers like to go. It is well to have a number of these places suitable for outdoor meals. Although elaborate fireplaces are unnecessary and often inconvenient, it is well to choose places where some materials are at hand with which the campers can build fireplaces suitable for the kind of meal chosen—rocks which won't split when heated, an old grate or rack, a safe place to build fires, and water or sand to put it out. There should be plenty of space for preparing and serving the meal and for sitting about. If there are overnight trips, there must be plenty of flat space for sleeping. With most meals, it is a good idea to have several small fires so that different members of the group can deal with their special delicacies without tripping over each other.

### 3. *Size of Group*

At home when we entertain, we find that cooking for a large number of people is a very difficult project and requires superior skill. When we take children to cook meals out, we must be sure to keep the numbers small if it is to be an enjoyable experience. In these days when our camps have become rather highly organized, it is essential that we find opportunity for small groups for campers to plan and carry out projects in a relaxed and

happy fashion. Six is a very pleasant number for a cook-out, and more than nine is usually cumbersome.

### 4. *Cooking Equipment*

Convenient equipment for packing and cooking food is essential. Food which is spilled or eggs which are broken may ruin the meal completely. If utensils are hard to find, it is not easy to be efficient. We suggest a cutlery roll for carrying knives, forks, spoons, pancake turner and can opener. It consists of a piece of cloth folded and stitched into sections for each type of cutlery. It is spread open for use or rolled up for carrying. We suggest a tin box for butter and waxed cotton bags for dry goods. All equipment should be carried in pack sacks or pack baskets. Each camper should have a bandana, to be used as a pot holder when cooking. A Dutch oven kept at the campsites, is invaluable.

### 5. *Cook Books*

It is more fun and easier too, if one cooks with a recipe book rather than being told each step. The cook book may be one of the small pocket editions, a regular camp cook book, or a small notebook into which the campers write the recipes. One of the latest camp books is, "One Pot Cookery", by E. J. Bourgaize (see review in this issue). Most of the regular household cook books give information and recipes, readily adapted to outdoor cooking. We like Kate Aitken's Cook-book (39c). The "Smothered Chicken" makes a fine party meal for outdoors. There are a number of attractive cook books for children.

Some Samples of Outdoor Cooking Projects:

#### 1. *A Snack for the Youngest Campers*

*Some-Mores* — Ingredients: 2 graham crackers, 2 squares plain chocolate, 1 marshmallow, for each Some-More.



Place chocolate on one cracker. Toast marshmallow slowly. Place on chocolate and put second cracker on top. You will want more!

## 2. *Ten Year Olds Go Out To Supper*

This is a simple and tasty menu.

*Spaghetti and Cheese*—Boil spaghetti in salted water. Drain. Add plenty of grated cheese. Small pieces of left-over cooked meat adds to the flavor.

*Cabbage and Raisin Salad*

*Fruit and Cookies*

*Cocoa*

## 3. *Off On An Overnight Trip*

Dinner—B. R. T.; Dehydrated Apples with Lemon; Cookies; Cocoa or Coffee.

Before bed—Bread twists with jam.

Breakfast—Prunes (cooked the night before); Oatmeal; Bacon; Toast and Jam; Cocoa or Coffee.

*Recipe for B. R. T.* (for six camp appetites)—2 cups rice, 8 slices bacon, 1 onion, 1 can tomatoes, 2 tsp. sugar, salt and pepper.

Wash rice and cook in salted water. Rinse in water to separate grains. Fry bacon and onion; add tomatoes. Combine with rice and heat.

## 4. *A "Camping Unit"*

I have often wondered if the older campers, especially in a girls' camp, might not like a week or so "Camp-keeping". Could a Campkeeping Cabin—or tents or shelters be built not too far away from the main camp? It could be equipped with the essentials of housekeeping, good outdoor fireplace with oven (or Dutch oven), an indoor fireplace for rainy days, an old ice refrigerator or a deep, cold box under the floor, pots, pans, plates, staples. The group could live here for a week doing their campkeeping—planning and obtaining supplies from the camp stores, making their meals,

improving the site, perhaps giving one or two dinner parties for a few friends in camp, and going over to the camp for some of the special events. I think they would enjoy it. With a good counsellor, they could learn a great deal which would not only be fun at the time, but a fine introduction to the intricacies of summer cottaging. Will somebody try it?

## 5. *Cooking Acrobatics*

(A postscript by Mary L. Northway)

Cooking is an art, and cooks being artistic, are often exhibitionists. We enjoy each summer, creating something which is actually impractical for outdoor cooking, but in which we find satisfaction of achievement enhanced with "ohs and ahs" of our friends. A few years ago, in this magazine, we described a Baked Alaska, done in a Dutch oven over an open fire. Last summer our main piece de resistance was an Angel Cake. These are tricky at the best of times, but Angel Food Mixes which cost about fifty cents, are intriguing in their magical qualities of making fine foamy whites out of a tiny package of dry white grains, and simplify the problem. Temperature is important for angel cake, and Dutch ovens have no thermometers. However, over a period of time one develops an intuition for what kind of fire makes an oven that's low, medium or high, and then one guesses!

My first Angel Cake was a failure, although I followed directions, the winds did not, and as cook books do not usually state "cook in a medium oven and very light wind", the change in temperature resulted in a product which we hid quickly in the cupboard and later ground up as part of a chicken dressing. However, one Saturday morning dawned clear, calm and warm. That was the day for the Angel

(Continued on page 38)



# ***A Manual of Operations***

ROY D. LOCKE

*Executive Secretary: Boys' Camping, Montreal Y.M.C.A.*

At the present time in Canada there is no school for Camp Directors. There are occasional conferences where we hear interesting speakers and participate in some discussion groups. In general, directors of camps develop skill the hard way—by making mistakes and profiting from them.

In agency camps the camp director is oftentimes changed every few years because of promotions and other job changes. In most private camps the director is quite permanent, although some of the older private camps now have more frequent change or direction as the original founder becomes too old to assume active control. This constant flux creates a serious problem to the camping movement.

Individuals who have been camping for many years as campers, counsellors, and program persons, have an intimate knowledge of some of the problems involved in directing a camp. However, the administration of a camp is a complex operation, and new directors are sure to make mistakes. When we realize that each camp has developed its own technique of program and administration, it is obvious that a change in the camp director may lead to inefficiency and needless friction.

One major answer to this problem is for each camp to develop a "Manual of Operations" such as we have done at Kamp Kanawana of the Montreal Y.M.C.A.

The manual has been organized into four sections, viz.—program, administration, buildings and equipment, general. Here are some of the things we have included:

**PROGRAM:** A simple statement of our camp objectives such as emphasis on simple living in the outdoors, Christian motivation, etc.

—sample menus for hikes and canoe trips.

—a seven page outline "Things a new staff member needs to know about Kanawana". This is very valuable. It eases the orientation period.

—detailed statement on duties of each staff person.

—copies of tests for canoeing, rowing, sailing, and swimming.

**ADMINISTRATION:**

—statement on staff and counsellors; their rate of remuneration, pre-camp training, evaluation, etc., with detailed outlines of our existing training courses.

—a list of the items purchased for camp, the Company with whom we deal, its address, phone, and contact.

—detailed list of duties for the City Camp Office, such as promotion methods, registration, bills, train arrangements, refunds, contacts with parents, lost and found, etc.

—complete statement on operation of business office at camp, such as food control, inventories, campers' monies, tuck shop, etc.

—a typical menu for a two week period is enclosed.



—statement on procedures to follow for emergencies and the operation of our camp hospital.

—etc.

### **PROPERTY, BUILDINGS, AND EQUIPMENT:**

Our boys' camp was established in 1894. It has been on its present site since 1910. A wide variety of buildings and equipment had been erected without a carefully considered plan of development. We had a log cabin painted with whitewash, cabins with painted clapboard, cabins with log slab siding, some with brown stain, some with the bark still on, etc. To bring order to this situation we numbered each building and developed a listing of the material in footing, walls, roof, their colour and their condition. The buildings were divided into three groups, poor condition, good condition, excellent condition. Each building was examined and a detailed recommendation was made as to necessary repairs and changes.

—Our property was surveyed and an expert forester employed to give a careful report on our 360 acres of forest for purposes of "thinning out" dead trees and replanting areas where necessary.

—Standards were developed for repair, painting, and general care of our fleet of boats, canoes, and dinghies.

—Procedure clarified for fire drill, care of extinguishers, maintenance of pumps, refrigeration equipment, truck, etc.

—The thirty-two different locks were changed to a Yale master key system.

—Etc.

### **GENERAL:**

In this section we placed samples of all our forms, such as counsellor contracts, application forms, confidential forms, clothing lists, medical sheets, etc.

In essence, this is a statement of good

practice in the administration of a camp. Try it for your camp!

The actual job of writing such a manual will force you to examine your current practices. This is the first step towards a more progressive standard of camping.

---

## **Give Them Green Fields**

(For The Star Fresh Air Fund)

Give them green fields for just a little while,

Give them blue skies and sunlight on small streams,

Give them the urge to run, to sing, to smile,

To build the shining ramparts of their dreams.

Let them forget for just a week or two  
The roar of traffic in the crowded street,

Give them tall trees, with sunlight sifting through,

And smooth pine needles underneath their feet.

Let them forget the glare of city noons,  
The screech of brakes, the clatter of the cars,

Give them the clear soft light of summer moons,

The clean, cool pattern of the summer stars.

Give them green fields for just a few short days,

Green fields and meadows stretching mile on mile,

Give them tall trees, and birds and woodland ways—

Give them green fields for just a little while.

—Robina Monkman



# **Woodfire and Candlelight**

A THANK YOU TO MARY S. EDGAR,  
Editor of Canadian Camping

The history of Canadian camping, unlike most history, does not begin in legend; it begins in the personalities of early camp directors who conceived and fostered it. Such persons as A. L. Cochrane, "Ernie" Chapman, Mary Hamilton, Taylor Statten, and Mary S. Edgar created their own camps with true artistry. Knowing well the medium in which they worked, their own creation expresses the essentials of their individual personalities. Beyond their own camps, together they originated the Camping Association, and as long as it exists it will be indebted to, and will express the influence of their blended spirits.

To Mary S. Edgar was allotted the particular task of editing this magazine. The choice was right and proper, for Mary Edgar has written since she was old enough to hold a pencil. She has written rhymes for her campers, stories for the campfire, songs for every occasion, hymns and prayers for summer days, and ghost tales to arouse delightful shudders. But an author does not fulfil his destiny by becoming an editor. Indeed, authors can indulge in business, teaching, ministering and housekeeping and still keep on being writers: they can rarely survive the tasks of editing.



For editing means getting others to write, aiding them to express their ideas — not one's own — more clearly, weighing one article against another to produce a balanced issue, and finally when the copy is in the hands of the printer, perhaps being allowed the privilege of creating eight measured lines to make up a space-filler. No one wants Miss Edgar to resign from her valiant task as editor. But if she must, it is our secret hope that freedom from correcting galley proofs will give her opportunity to write herself, and to say things which she has within her to say.

For Mary S. Edgar has much to say. While theories of "campery" have waxed and waned, she has for thirty-three years been understanding campers and providing opportunities for their development at her own camp *Glen Bernard*, Sundridge, Ontario. While doing so, she has given thousands of children the happiest of summer holidays, and has enabled hundreds of



adults to look back with most pleasant memories of their camping days.

I remember in the early days that Miss Edgar, "The Big Chief", organized the camp into Indian tribes. This was fine for the big girls, but we little ones grew tired of being braves whose worthiness was often unrecognized at the glories of the Council Ring or through the prowess of athletic endeavour. So a friend and I decided to form a tribe of our own to which only four of the youngest campers were to belong and in which we would each take turns being chief. At the first meeting of this unorthodox body, we debated whether anyone else should be included. By unanimous vote, one and only one person in the whole camp was considered worthy to be asked to join: that, of course, was Miss Edgar. And she did. We took her to our secret meeting place and, being slightly confused between Indians and Knights, we made her kneel while we dubbed her on the shoulder and initiated her into the secret tribe of the Kickapoos. In later years we have all learned a great deal about "group adjustment." Because we know all too well how to get the child to fit into the organization, all too rarely do we realize that adjustment can be effected by changing the child or by changing the organization. Camp directors do not as often as they should become the least of the braves in a tribe headed by their youngest campers.

Miss Edgar's camp is rather unusual because it is located in her own home community. "Mamie" Edgar was born and brought up in Sundridge, where her father was a merchant and member of parliament for the district, and her mother was the beloved matriarch of the village. Little talk about relating the camp to the community was needed, for, from the beginning, it was part of it. Mr. McCabe brought the mail in his

lumber truck, Mr. Haggart fetched the milk from his farm, for an outing we would go haying at the Gibbons; while the event of the season was to attend the annual Hartfelt picnic and to take part in the concert. We went to the village regatta, and put on a play on the Anglican rectory verandah. Motherly Mrs. Edgar taught us that no piece of clothing was ever to be thrown away; it could be washed, mended or re-cut for children in the outlying farms, where it is very cold in the winter. Each Christmas, each camper sent gifts to a child in the community, and often an amazing correspondence ensued.

In the war years, Miss Edgar constructed a separate camp on her property called *Shangri-la*. This was used for English girls and subsequently has been loaned to various organizations. She more recently took the initiative, also, in establishing a community centre in Sundridge. To this the campers have contributed money raised through their concerts and plays, and the senior girls have participated as instructors in swimming and other activities for the village children. "Mamie Edgar and her Saint Bernard girls", as they are usually called, are admired by the community; they have contributed much to it and learned a great deal from it.

Miss Edgar is perhaps best known for her creative imagination. Imagination can be an escape from reality—in Miss Edgar's case it is an extension of it. Secure in her real self, she can well afford to transform herself into Peter Pan, an Indian princess, or a gypsy fortune teller. The camp is gay with special occasions: Pippa day, Blue moon night, Japanese night, Tajar day. Her sense of the drama makes Council Ring an entrancing ritual and surrounds the sincerity of Sunday services with an atmosphere that is beautiful. Miss Edgar's idealism and fantasy are not substitutes for her realism and practi-

*Continued on page 32*



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# **An Adventure in Retrospect**

*Winnipeg Girl Guide Camp Committee*

It is characteristic of planning committees that they must look backwards and ahead at the same time, having a Janus-like skill in both past and future. Five years ago, the Manitoba Girl Guide Camp Committee met to talk about a dream that has since become a reality, to plan for a new and ambitious project in keeping with the traditions and ideals which are the fountainhead of good Guiding. The old camp had provided a wonderful camping experience for 20 years, but had become surrounded by summer cottages and was inadequate to meet the growing needs of the campers.

The plan was for a new camp on a new site; resources for help were unknown and untapped; problems of financing and building and staffing were all unsolved. Enthusiasm and a conviction about the value of camping were principal tools to do the job, together with a reasonable assurance that if you really believe in something and work hard, you can make it a success.

Like all youth services, the Girl Guide movement must pace its program to meet the present needs, to maintain standards of leadership second to none, and to attract those young people for whom it is designed. Camping is a most important aspect of Guide training, and has always been a major item among the advantages of being a member. The high principles and teaching implicit in Guiding can be emphasized strongly and consistently during a camp period under good leadership. This was the basic thing of the Camp Committee as they went to work. Could the camp be built and opened without the loss of

a season's campers? Could they hope to do all this in a few short months? They could and did!

They found that people are wonderfully generous and helpful in every phase of planning, surveying, building, furnishing and advertising. The Department of Natural Resources helped select the site at Caddy Lake, three hours from Winnipeg in the beautiful Whiteshell Reserve. The Red Cross came to survey the waterfront. Camp Committee members, Guiders, Junior Leaguers and many husbands helped to clear the site of tangled underbrush and dead old trees. Donations of canoes, a rowboat, a sailboat, material for a fireplace, the loan of a used car; the interest and generosity of the community was manifest in a hundred ways. Volunteers trooped down to the camp as the building progressed, plodded through the rough road and set to work scrubbing and cleaning, oiling logs, burning rubbish, raking, helping in every possible job.

Every year has seen new additions and improvements, but if you had gone out there yesterday this is what you would have seen: five acres of rugged terrain fronting a shallow bay sheltered by a rock peninsula, a sandy beach into the bay, with slowly graduating depth to eight feet off the diving dock, two gleaming cedar log buildings and an area which is obviously an ideal tenting ground, in view of trees and rocks and blue water. Just where the view is loveliest the girls have started to build a Chapel and are very proud of their handiwork in such a setting.

The bigger of the two buildings has a dining hall-recreation room with the beautiful stone fireplace as its main feature, an enormous kitchen and store-room in the wings, a sick bay (known as "Buck-Up"), nurses' quarters and two bedrooms for programme assistants.



In the ground floor is Tagar House, the tuck shop and three hot showers. The other building is the staff house, with three bedrooms, a dormitory, lounge and office space.

In the area are trees of every sort, poplar, ash, birch, jackpine, balsam, spruce, oak, a lagoon with water lilies, there are raspberries, blueberries and wild iris in the woods. Special pets are a doe and her three fawn, a yearling and a set of photogenic twins. (Not so popular is the occasional unmolested skunk). In other words, it is a veritable paradise for the nature-lover, and an unparalleled training ground for woodcraft and overnight camping.

One of the principal advantages of a camping experience is in learning watercraft, and Caddy Lake offers superlative facilities for swimming, canoeing, sailing and rowing. Skilled waterfront directors have been part of the camp staff from the beginning, and every year proudly point to a new group of graduates who have learned the right and the safe way to enjoy water sports.

The camp grew out of the cooperative efforts of Guides, Guiders and their friends and families. Even the dock was built by a combined operations with planks given by individual Guide companies. It has continued to grow as a cooperative effort; leaders trained at Caddy Lake have gone to other parts of Canada to serve, American Girl Scouts have come up on exchange campships, employers have released personnel to attend camp as leaders, special effort has been made to make the experience of camping available to those who would otherwise be unable to go, everywhere there has been a ready response to appeals for help. The results of this spirit of cooperation are in themselves a unique lesson to Guides and to the community of the value of working together.

Camping has not escaped the changing concepts of services to meet the needs of young people who are subject to so many pressures from all directions. Competition for their time and interest is heavy, and their standards are high. In order to propagate the ideals and teaching of the Girl Guide movement it is necessary to offer the best in program, in leadership and in standards. Caddy Lake camp is an example of how this is being done; the Commandant was assisted at the outset by a professionally trained group worker as Programme Director, and now Guide personnel is able to provide fully qualified Waterfront Directors and experts in campcraft and other departments. They bring to the camp the skills of planning and operating a programme designed to help produce good Guides, good citizens and good fun!

This summer the campers will be in Junior and Senior groups—so popular has the project been that Senior girls are eager to return—and one of the features of the Senior programme will be three day supervised out-trips. A good advertising campaign, together with the glowing first-hand reports of campers, have resulted in an avalanche of applications to the point where you really have to be up bright and early to avoid the rush.

It all began as an idea, a dream, and it has grown into a big business showing the finest results of all—happy youngsters learning in adventurous surroundings about the world they live in and the people they live with. Those five years of hard work, ups and downs, planning and meeting and working out the details, have been rewarded. Now the old skill comes into play again and plans are underway for the future with a brief look back and a long look ahead.



# **Propane Gas**

## ***and Its Uses for the Camp***

Gas has long been considered a superior fuel for cooking and water heating. It is used by most hospitals, institutions and hotels throughout North America, and through long experience has proven to lead in efficiency and adaptability. During the last thirty years, gas service has been liberated from city mains by the development of Liquefied Petroleum gases of which Propane is the form generally used in Canada.

Propane is a hydro-carbon produced from processing natural gas or from the refining of petroleum products. When placed under pressure it becomes a liquid occupying a space only 1/270th of that required when in its free gaseous state. In its liquid form it is easily transportable in railway tank cars, tank trucks and in relatively small steel cylinders. It is in cylinders that Propane reaches the camp site.

Propane gas vapourizes at any temperature above 44° below zero and, when mixed with the correct amount of air, burns with a steady blue flame capable of a heat so intense as to be used in metal cutting and yet can be controlled to the tiny thread of heat needed to scramble an egg or melt a teaspoonful of butter.

Propane's heat content never varies. It contains 2½ times the heat value of natural gas and 5 times that of manufactured gas, so it can be seen that a tremendous heat potential is stored in a very small space. The gas is normally delivered to the consumer in 100 lb. steel cylinders placed outside the buildings and connected to gas appliances

by flexible copper tubing. In cases where many appliances are used, rigid iron pipe may be installed to carry the gas. The number of cylinders required is determined by the number of appliances to be used at one time. Precise regulating equipment maintains a flow of gas to the appliances at constant pressure. After the cylinders are connected at the installation, the regulating equipment and thermostatic controls on the appliances take over, leaving the camp operator free for other duties.

It is interesting to note that statistics on causes of fires in dwellings show gas and gas appliances close to the bottom of the list, while those traced to electricity are very near to the top, with oil and wood following closely. Propane has the added safety factor over other gases of being stored in equipment which must pass rigid safety tests before being placed in service. Propane gas is non-poisonous and non-lethal, except when present in such large quantities as to almost entirely exclude air from a room, a remote possibility. While Propane itself is odourless, an odourant added by marketers of the product makes a leak instantly detectable and the supply of gas from the cylinders can be turned off very easily until the necessary adjustment is made.

By the simple manipulation of a gas valve, the operator of a gas appliance has immediately available the exact amount of heat required for the cooking job on hand. There is no wood to chop, no warm up period, and no disposal problem for ashes. The gas, burning without residue, leaves utensils clean and bright, and cannot corrode



or clog burners. Meals are prepared with less labour and more efficiency with automatic gas appliances. Restaurant and hotel operators have learned from experience that slow roasting of meats in controlled temperature ovens produces the maximum number of cooked servings from each pound of raw meat. Gas gives a steady oven temperature automatically by the use of thermostatic controls built into the appliance by the manufacturer. On range-top burners you have a variety of heats available for any cooking job. Gas range manufacturers produce ranges especially designed for use with Propane. They have rugged, heavy duty equipment, ideally suited to camp use and yet as easy to keep clean as a white porcelain enamel kitchen range. The adaptability of gas cooking appliances for your camp operation is well worth investigating.

An adequate supply of hot water for dish-washing and cleaning cuts down labour. A gas water heating system is designed to provide, automatically, the necessary amount of water at the temperature required for the job at hand. Two factors enter into the choice of the best water heater for any specific use; the size of the storage tank and the "recovery rating", the rate at which the gas burner will replace water as it is drawn off. A small storage tank with a high recovery rating may possibly give better service than a larger tank with a lower recovery. Some of the newest types provide two-temperature water,

one for general use and the other giving the 180° water needed for sanitary dish-washing.

The installation charges for Propane service are in the neighbourhood of \$50.00 to \$60.00, depending on the number of cylinders required. This provides for an automatic system giving a continuous supply of gas without any action on the part of the operator to change from an empty to a full cylinder. In most cases the cylinders and regulating equipment are leased from the distributor, with responsibility for service remaining with him. One hundred pound cylinders of Propane are sold on a sliding scale of rates to give larger users the advantage of a lower per-cylinder price. In restaurant and hotel cooking, the cost of Propane runs from 1/2c to 3/4c per person per meal. As camp meals are served at specific times, and are therefore cooked more economically, it is reasonable to assume that the cost might be even lower.

While cooking and water heating are undoubtedly the most advantageous camp uses for Propane Gas, the operator already using Propane can extend the uses of his installation to provide dependable refrigeration for perishable foods and incineration to dispose of waste and garbage. Propane Gas incinerators automatically dispose of wet or dry garbage with equal facility.

The labour saving properties of Propane Gas and appliances are well worth the consideration of camp operators.





## **President's News Letter**

Dear Camping Friends,

We gather that most camping people have had one of the busiest spring seasons they have ever experienced. Camping Association Committees in the various Provinces have produced a good deal of worthwhile material and several very helpful conferences and training institutes. We all acknowledge with sincere gratitude the work of the Committees which have produced the B.C. Camping Association Counsellors Institute, the combined Quebec and Canadian Camping Association Conference in Montreal, the Ontario Association Conference in Toronto, the Manitoba Conference in Winnipeg and various Counsellor training courses in many centres all across the country.

The annual meeting of the Canadian Camping Association was held on April 18th in Toronto, and Minutes of this meeting are available to any member of the Association—please write our Executive Secretary at 236 Bloor St. W., Toronto.

Mrs. Dorothy Douglas at the Institute of Child Study, University of Toronto, has recently accepted the Chairmanship of a new Committee whose function it is to develop a Canadian Camp Song Book. We sincerely hope that all members interested in this important phase of camp program will write Mrs. Douglas and give her their complete co-operation.

A new book entitled, "Out-trip Camping", written by Mr. Ron Perry, the author of "The Canoe and you", and a long time member of our Camping Association, will soon be available. At one of our recent Camping Conferences Mr. Perry gave a preview of the sort of material which is in this

book and it should prove exceedingly helpful.

While we are speaking of books, please don't forget that there is a very helpful library at our National Office. If you do not already have a bibliography be sure to write, and be sure also to make use of these books.

A recent study of population trends indicates that within the next five years there will be a sharp increase (up to 40%) in the number of camp age children. Your local Board of Education can doubtless give you facts and figures about this trend, which should make for even busier days ahead, as we all strive "to provide every opportunity for young Canadians to be campers".

Good Camping,

W. E. (TED) YARD

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## **Canadian Camping Song Book**

You will receive a letter while you are at camp requesting assistance in securing songs popular at camp. If you have any *special* song or songs that you would like to see embodied in a Canadian Camp Song Book, please send words and music (if available) to

Mrs. D. M. Douglas,  
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**Remember:** Your membership in a provincial organization includes membership in The Canadian Camping Association and a subscription to "Canadian Camping".

## Information about Provincial Associations:

**BRITISH COLUMBIA** - - Miss Crehan, 2057 W. 36th St., Vancouver  
**MANITOBA** - - - - Miss E. Connal, 447 Isbister Pl., Winnipeg  
**ONTARIO** - - - - Miss J. Bertram, 236 Bloor St. W., Toronto  
**QUEBEC** - - - - Miss J. Brown, 5056 Western Ave., Montreal

**Where there is no provincial association:** detach following form and mail direct to Canadian Camping Association, 236 Bloor St. W., Toronto.

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## **Camp Leadership Training Courses**

### **BRITISH COLUMBIA**

The second annual Camp Counselors' Institute, sponsored by the B.C. Camping Association, was held in Vancouver, May 1st, at the Central Y.M.C.A. The speakers were prominent educators and campers, and there were theory sessions for three groups — the inexperienced counselors, experienced counselors and administrators. The activity sessions included waterfront, campfires, crafts, wet day programs, nature trails, display of materials and movies.

The Planning Committee members were: Mr. Roy Holmes, Chairman; Mr. Frank Kennedy, Mr. Bill Bentley, Mr. Lorne Brown, Mr. Dennis Nickerson, Mr. Charles Roche and Mr. John Lidstone.

### **ONTARIO**

The sixth annual Counselor Training Courses of the Ontario Camping Association were held in May. A beginners' course for first and second year counselors was held at the Central Y.M.C.A., May 8th and 9th.

Some of those assisting with the program were:

Ted Yard—Camping Objectives

Bill White—Camp Singing

Dr. Mary L. Northway—How Campers Learn

A. F. Helmsley, Dept. of Wild Life, Province of Ontario—Nature Lore

Canadian Red Cross Society—

Health and Water Safety

Mr. A. Flynn, Oconto—What is the Counselor's Job (with campers 6 to 10 years)

Dick McDonald, Y.M.C.A.—What is the Counselor's Job with Adolescents

An advanced course for counselors of two or more years' experience was held at Falconer Hall, May 29th and

30th. The subjects dealt with were such as, "Relating Program to Objectives"; "Relating Program to Needs" and "Discipline".

The leaders in charge of this course were:

Mr. John Hoyle—Gay Venture

Mr. Al Goodman—Wabikon

Mr. Kirk Wipper—Bark Lake

Mr. Norman Cragg—Toronto Welfare Council

Mr. Dick McDonald—Y.M.C.A.

The Ontario Camp Leadership Centre (Bark Lake Camp) near Irondale, Ontario, is operated by the Ontario Department of Education as a service to the non-profit camps of this Province. Camp Belwood, which was formerly the training centre for girls, has been closed. Courses for both boys and girls are now planned for the Ontario Camp Leadership Centre. Prospective counsellors may attend the Camp Leadership Courses offered during the summer months and thus be prepared to serve in a non-profit camp of their choice.

The camp is situated in the heart of the Highlands of Haliburton in an ideal location which holds many attractions for the camp-minded young person. Good facilities are provided for all phases of camping.

The camp programme includes a study of counselling methods with experience in camp craft, nature lore, life saving, water safety in small crafts, out-tripping and other recreational activities.

The Ontario Department of Education provides instruction and accommodation and assists with transportation costs from distant Ontario centres. For complete information write to: The Director, Physical Education Branch, Department of Education, 206 Huron Street, Toronto 5, Ontario.



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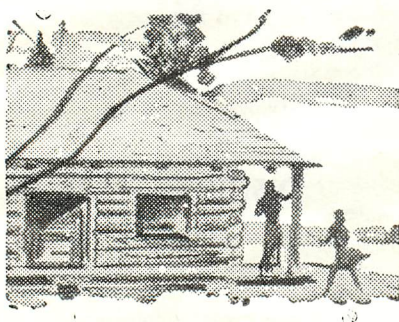
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## QUEBEC

The Quebec Spring Conference and the National Camping Conference of the Canadian Camping Association were held jointly on March 27th and 28th, at the Sir Arthur Currie Memorial Gymnasium, Montreal, with over one hundred and seventy people attending the various workshops, meetings, display booths, etc.

The main speaker, Mr. Bob Rourke, of Pickering College, a well known humorous after-dinner speaker, started our Conference off on the right foot with his talk entitled "A Target for Camping". The President of the C.C.A., Mr. Ted Yard, welcomed the group to the Conference, and Walter Meyer kept us active during his sing-song after a nourishing meal.



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The Workshop topics and leaders were:

Canoe Tripping—Mr. Ron. Perry  
Song-O-Batics—Mr. Walter Meyer  
Child Development—Dr. H. Caplan,  
Dr. A. McLeod, Mr. N. Markus  
Crafts—Mr. W. McCurdy  
Administration—Mr. Irwin Haladner  
(Food Cost Control)  
Mr. John Venters

(Camp Architecture)

Each Workshop had three meetings, one Friday night, one Saturday morning, and one Saturday afternoon.

After a chicken luncheon Saturday, Mr. Roy Locke, Past President of the Q.C.A., gave an impressive speech entitled "Dividends of Camping" — of which there are many, we found, when we approach camping in the right way.

Canon R. K. Naylor closed the Conference with a short but inspiring message on the Philosophy we should have for Camping—thoughts which came to him after reading Mr. Hoyle's article in the February issue of the "Canadian Camping".

The Q.C.A. Executive felt that once again we had had a very successful Conference.

The Quebec Camping Association is planning to hold its Annual Meeting the middle of May in the new Y.W.-C.A. The main speaker will be Mrs. Alice Turnham, a well known authority on nature, whose topic will be, "Camping, Nature Bound". Also on the agenda will be the reports from the President, Conference Chairman, Treasurer, Membership, and the Nominating Committee. The meeting will then be open for a general discussion on the proposed plan for the 1954 Conference. Miss Anne Vail will bring the meeting to a close with a short "Good Luck, Campers" message to start us on our way to our fast approaching camp season.

Toronto, Canada, June, 1953



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## Girl Guide Camping

The greatest stimulus to Guide Camping in recent years, was the National Camp of 1952. Guides and Guiders, over 1,300 of them, came—from Corner Brook, from Yellow Knife, from the Alaska Highway—to Ottawa.

To watch these teenagers, English and French speaking; with their Provincial and civic phobias; of 31 religious sects; of differing colours and ethnic groups; was an inspiration. The evident traits of fine Citizenship and a broad vision was nurtured by this Camp augurs well for the future.

Summer of 1953 will see yet another National Camp; somewhat smaller, but this year for young Guiders from across Canada. It will be held at Doe Lake, Ontario's Provincial Campsite; primarily for Training purposes, to keep

pace with our rapidly increasing numbers.

—DOROTHY A. SELLERY,  
Commissioner for Camping

## C.G.I.T. Camping

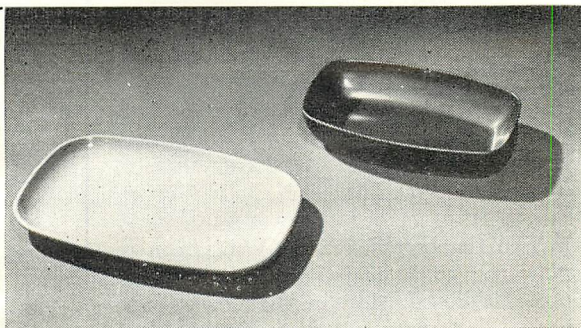
The biggest national C.G.I.T. event of 1952 was the camp held near Huntsville last July.

Girls from every province met there to discuss the plans and policies of the CGIT. Some \$2,400 was raised at camp to help an apprentice training school in West Germany for young refugees from the eastern zone.

This summer, girls attending CGIT camps throughout Canada will contribute money for a children's camp at Trieste.

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## ***Forest Ranger School***

Ontario Department of Lands  
and Forests

In expectation of a record influx of hunters and fishermen into Ontario's justly-famed hunting and fishing grounds and resorts this year, the Ontario Department of Lands and Forests held a week-long school for licensed guides April 13 to 18, at the Forest Ranger School near Dorset. This was a continuance of an educational plan begun last year, when the course was of evident benefit to guides and public alike.

The aim of the Department is to provide the best in experienced guides, able to discharge not only their duties to their parties, but also their responsibilities to the Province in the care and conservation of all natural resources, so as to ensure perpetual enjoyment of those sports which attract so many thousands here every year.

Guides, some with 30 years' experience or more, received intensive training in latest techniques peculiar to their special craft. Lectures and demonstrations covered such important subjects as water safety, first aid, handling of marine motors, fishing gear and latest firearms and, believe it or not, cooking. As camp cooks, most guides already boast enviable reputations. But there are always new wrinkles to help add that final soupcon of excellence to a camping party's meals.



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There's truth in the old saying, and we know that if you plan now to attend the Twenty-third National Convention of the American Camping Association, February 3, 4, 5, 6, 1954, you will find a way, whether it be by plane, train or car.

The New York Statler has set aside about eight hundred rooms to accommodate members and friends of the American Camping Association, who will attend and who do not live in New York or the surrounding suburban area. Since this hotel has two thousand rooms with bath, this means that about half of the living space of this great hotel is available.

This is a National Convention of the A.C.A., where East meets West and North meets South, and congeniality

and good fellowship will be the order of the day.

### **Woodfire and . .**

*Continued from page 18*

cality, but rather they are supplements to them. It is right, therefore, that her own book of poems is entitled *Woodfire and Candlelight\**. For Mary S. Edgar is completely competent in tending the woodfires of life; but she knows full well that one cannot live by woodfires alone, the spirit of the human being is really lit by the soft glow of the candle.

And so, Mary Edgar, we thank you for editing *Canadian Camping* for us. We release you from its ardours only because you yourself will now have time to sit down and "tell us all a story."

M.L.N.

\* published by Macmillan, Toronto, 1945.

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## Book Reviews

*One Pot Cookery*, by Eidola J. Bourgaize; published by Association Press, N.Y., and obtainable in Canada from the G. R. Welch Co. Ltd., Toronto; price \$3.00.

If you routdoor cooking needs a lift, get a copy of "*One Pot Cookery*". The introduction gives suggestions which help make an outdoor meal a pleasant and memorable experience. It discusses the art of making a fire, ways of organizing the preparation of the meal, ways of packing food and numerous tricks of outdoor cooking.

The recipes are favourites of campfire and kitchen, gathered from many localities. There are directions for making a can of meat more interesting; a variety of dishes containing eggs; delicious salads wrapped in a lettuce leaf, and something sweet for the end of the meal.

A special feature for the outdoors lies in the fact that the pages are on rings in a sturdy cover, so it will stand up without them being turned over by the wind. As the title infers, it is a wonderful collection of "One Pot Meals".

F.M.M.

*Camping at the Mid-Century: A Census of Organized Camping in America*, by Robert E. McBride, under the American Camping Association. One copy free to members of the A.C.A., additional copies \$1.00. Obtainable from the A.C.A., 343 South Dearborn Street, Chicago 4, Ill.; pp. 42, paper.

This is an excellent book for people who like to base their information on facts. Tabulation from data sent from 6,032 of the estimated 12,600 camps operating in the United States in 1951, is given to show the number of types of camps and their regional distribution, numbers and age of campers, number of staff members, length of camp period,

size of camps, costs per camper, etc. (A summary of the major findings is given elsewhere in this magazine).

In addition to this, a history of camping in the United States and a prediction of future trends are included. The outline of desirable practices as recommended by the A.C.A., is given.

An admirable piece of research this is. It will enable camping people, government and welfare organizations to be a great deal clearer on the state of organized camping at the mid-century.

M.L.N.

*Campfire Adventure Stories*, by Allan A. Macfarlan, illustrated by Paulette Jumeau; published by the Association Press, N.Y.; obtainable in Canada from the G. R. Welch Co. Ltd., Toronto; pp. 225; price, \$3.75.

A highly-interesting book, composed of two novelette-length stories and six short stories. Allan Macfarlan has the happy faculty of making his descriptions of many animals such as the bears, wolves, moose, etc., really *live*. This is a book written by a Canadian about the Canadian Northland. Anyone who loves the out-of-doors will derive reading pleasure in these "yarns". A book highly recommended for boys and girls; in fact, a MUST for your camp library. The illustrations by Paulette Jumeau are apt and very well done.

B.M.

*National Camp Director's Guide*, 480 Lexington Ave., New York 17, N.Y. Price \$1.00.

This is an annual edition of an important year-round reference book for more efficient management of camps. The 1953 edition contains such articles as the following: Creative Camping; Good Counselors mean Good Camps; Camps for Diabetic Children; Can Typhoid Strike; The care of Lakes and Streams.



*"I Live in the Woods"*, by Paul Provencher; illustrated by the author with more than 200 line drawings and 35 photographs; Brunswick Press, Fredericton, N.B., \$4.00.

The master woodsman, who trained the Canadian Army in bush survival, now shows how anyone can survive in the woods. He does, himself, and comfortably.

Paul Provencher, author of *"I Live in the Woods,"* published by Brunswick Press, leads a vigorous life in the Canadian wilderness. Chief forester for the Quebec North Shore Paper Company and The Ontario Paper Company, Limited, he is also known as a photographer, explorer, lecturer, and hunter. Indeed, with bow and arrow alone, he has shot everything from rats to bear.

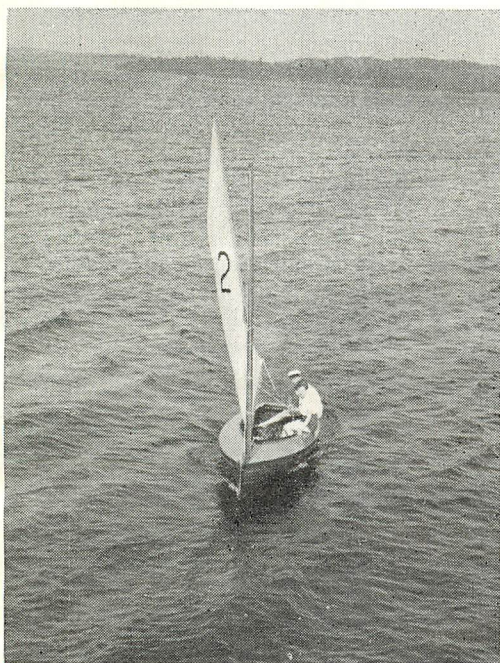
In *"I Live in the Woods,"* Provencher has written a book that appeals to every outdoor man and boy. Women,

too, will acknowledge his skill in how to keep well housed and comfortable and well fed on a camping trip.

Sleeping and cooking equipment, moccasins and snowshoes, lean-to and wigwam, snow goggles and snares—Provencher explains not only their uses, but how to make them. Details of construction he illustrates with simple drawings and photographs.

While primarily a how-to-do-it book, *"I Live in the Woods"* contains a thrilling description of the author's explorations in Labrador. His experiences there and elsewhere north of the St. Lawrence River have enabled him to and winter travel in the woods, and the give practical advice on both summer proper clothing, footwear, and sleeping equipment for different seasons.

Whether Provencher is showing how to make a tin stove, the trapper's versatile crooked knife, or the most effective



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dog harness, his recommendations are clear and direct. Thoughtfully, for those travelling in areas where game is scarce, he lists edible plants and methods of preparing them for eating.

*"I Live in the Woods"* is the most authoritative single book ever written on travelling and living in the Canadian wilderness.

*Canoe Camping*, by Carle W. Handel; obtainable in Canada from the Copp Clark Co. Ltd., Toronto; pp. 185; price, \$3.60.

This is not only a book of high adventure, but it tells the reader how he can meet the challenges of the wilderness with a canoe, a light pack and a light heart. The author, a veteran adventurer through untrammelled wilderness, describes the correct way to plan and live a canoe camping trip. He tells the camper about food and equipment, the fundamentals of portaging, what to do in emergencies and how to cook appetizing meals. There are many informative line drawings to supplement the text.

M.S.E.

*Guide for Trainers of Day Camp Directors*, published by the Girl Scouts of America, 155 East 44th St., New York 17, N.Y.; price fifty cents.

More and more organizations are launching day camps, and increasing numbers of parents are requesting camping-by-the-day for their children; therefore, it is essential that more study should be given to the matter of training leadership for this particular type of camping. This concise, practical and comprehensive guide book will be welcomed most heartily by organizations planning leadership training and by day camp directors themselves.

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## For Your Information

### 1. Available Recipes

You can procure a very useful little pamphlet free from H. J. Heinz Co., Toronto, entitled, "Fifty-seven ways to use Heinz condensed soup". The booklet contains thirty-eight pages of practical recipes, many of which are very useable for camping trips—as for instance, *Tomato Rarebit*, which calls for one ten-ounce tin of tomato soup, a quarter pound of cut up cheese, heated in a saucepan, stirring constantly and when melted and smooth, adding a half teaspoon of mustard. This, served with toast, would serve four. If you don't mind doing arithmetic, all the recipes can be made into quantity recipes. There is also available upon request, a leaflet, "When they're growing up". "Romany Steak" sounds very appetizing for a meal out.

### 2. Cookies

"Something different  
Something new;  
Some are cookies,  
Some you chew!"

The Research Bakery Division of Swift Canadian Co. Ltd., Toronto, has prepared a mimeographed collection of special cookie recipes with such alluring names as "Oatsidoatsies" and "Hoky-pokies". They have also assembled in mimeographed form, a wealth of information on "Better Pie Production", with at least fifteen recipes for mouth-watering pies.

—M.S.E.

### 3. First Aid

A useful little booklet entitled "First Aid" (advertising mercurochrome) is available from Hyson, Westcott and Dunning, Baltimore, Maryland. It contains numerous illustrations of Boy Scouts administering first aid in many different emergencies, with diagrams for many kinds of bandaging.

### 4. More About "Eats"

Have you noticed in "One Pot Cookery" how many recipes call for luncheon

meat? There are so many good varieties on the market in cans—spiced beef, spam, sausages, etc. The varieties will lend variety to the taste of the foods and one could experiment endlessly with various cans.

A lot of recipes, too, require canned soups. The dehydrated soups are much easier to transport. Substitute them for the canned, using two small cups of liquid per can and double the amount of dehydrated soup for that quantity of water.

—Margaret Govan

## When do We Eat?

It is fun to be a camper, fun to live and play out-of-doors, fun to get together with your fellow campers at mealtime for good companionship and good food!

But good food doesn't just happen. More and more camp organizers are realizing that meals must be as carefully planned as recreation and other activities if a camp is to be rated a success.

The Provincial Red Cross Nutrition Department would like to assist you with your camp meal planning—whether it's for a two week or a week-end camp.

Upon request they:

WILL—plan menus for your camp.

WILL—plan market lists.

WILL—give suggestions for necessary equipment.

If your work is planning camp meals, we would be happy to hear from you. Just write to:

The Nutrition Department,  
Ontario Division Red Cross,  
460 Jarvis Street,  
Toronto, Ontario.

(Sorry, but we just do this work in Ontario. If your camp is in another province, enquire from the local Department of Health. They may give this service.)



## ***Towards a Philosophy***

(Continued from page 9)

for periods running overtime and hence causing campers to dash breathlessly to the next activity. Certainly camp should offer opportunities for fast work but let it be at the right time and *never* under pressure. Psychosomatic specialists tell us that pressure is one of the chief causes of ulcers, hyper-tension, and heart trouble which are claiming all too large a proportion of our citizens at far too early an age.

A change in the programme schedule alone will not bring about relaxation. It will be necessary to sell the idea to every member of the staff and to secure their sincere, active, and intelligent co-operation.

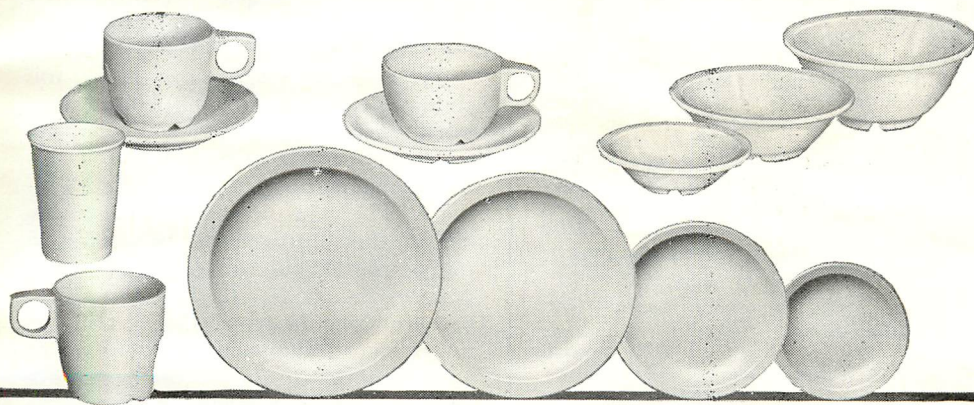
The writer is all too well aware as he concludes this article that it is probable that most of the readers are al-

ready alert to the need of greater relaxation in camp life. The camps that are guilty of putting on the pressure are those which do not belong to the several camping associations and who do not endeavour to keep abreast of changing conditions. However, it will not do any of us any harm (the writer included!) to take another look at our 1953 programme to be sure that the basic objective of relaxation is functioning as well as possible in our own camp.



---

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## **Cooking Out of Doors**

(Continued from page 14)

Cake. I sent everyone away into the distance so that I could concentrate on the directions, the mixing, the fire and keeping one eye on weather changes. The white powder soon changed into a look of egg whites, the sugar was added, then the flour slowly cut in, the cake went in the oven; the wind stayed down; the fire burned properly. I sat in a deck chair and read a novel and finally the cake was cooked, cooled and at last served amid the "ohs and ahs"!

I do not recommend that all campers cook Angel Cakes, but they should each have a chance to do one bit of creative cookery. We spend a great deal of thought in developing creative work in music, dramatics and the arts, why not in cooking too? Baked Alaska and Angel Cake are the concerti of cookery. "Bake" is not so very different from "Bach", and over the stove even the most mundane of us can be artists for a little while, and discover that we, too, possess the skill and the soul of a creator.

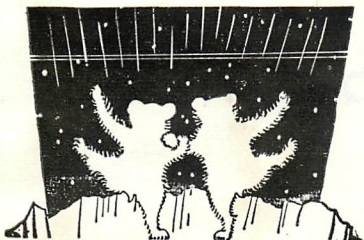


## **Selecting A Camp**

Try to find the camp that allows the children a share of useful necessary work. Try to find one that gives the child the real life in the country, without trying to carry the life of the city there. The value of the season in camp lies in the fundamental principles of the simple life to be found there; no unnecessary frills; fresh air; quiet; peaceful long hours of sleep at night; simple nourishing food; essential work; enjoyment of the beauty of earth—its trees, flowers, and fruit; its wonderful skies, especially the night skies with the stars and the moon, its bird calls, its rich silences; the long days filled with useful labor, fun, happy companionship and peaceful aloneness. Let the children have this so that they may experience some of the deeper, finer qualities

—Angelo Patri





## ***In Lighter Vein***

### **THE CAMPER AND THE GUM**

Once there was a camper  
Her family sent her gum;  
Her uncles, aunts and cousins  
And boy-friends sent her some.

"You must chew it in your cabin!",  
Said her counselor tried and true,  
"For the powers-that-be have ordered  
This thing must be kept from view."

So she cut down on her swimming,  
Riding, hiking, sailing too,  
And within her little cabin  
She would simply sit and chew.

The porcupines and chippies  
Were intrigued with what they saw,  
As they watched her roll her molars  
And manipulate her jaw.

The habit was infectious;  
Cautiously they crept inside.  
She tossed them each a package;  
The chewing-game they tried.

When she saw the forest creatures  
Chewing, chewing at the stuff  
"Gosh!", she said, "I'll take to camping,  
For of gum I've had enough!"

M.S.E.

\* \* \*

Children between 4 and 17 are at their mental peaks. At 4 they know all the questions. And at 17 all the answers.

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## Camp Reference and Buying Guide

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## ***Did You Know That . . .***

From a recent report of the A.C.A., based on information from 6,032 organized camps, it was found that:

In 1951 there were approximately 12,600 organized camps in the United States.

Although day camping is expanding rapidly, there are still three resident camps for every day camp. Resident camps are generally larger and serve more campers than do day camps.

It is estimated that there were at least four million campers in 1951.

Ninety-six percent of all campers in this study were school-age children.

There are many more boys enjoying a camp experience than girls.

New York, California, and Pennsylvania are the most heavily populated states and reported the most camps.

The greatest number of camps served between fifty and one hundred campers per period.

The greatest number of campers served was between nine and fourteen years of age. The largest group of boy campers was between eleven and fourteen, while the majority of girl campers was between nine and twelve years of age.

Ninety-three percent of the organization camps had a camper fee of less than three dollars per day. Sixty percent of the private camps had a camper fee ranging from six to ten dollars per day.

It is estimated that camper fees exceeded eight million dollars in 1951.

It is estimated that the total value of organized camp property in America exceeds 350 million dollars.

## **CONSERVATION AND CAMPING GO TOGETHER**

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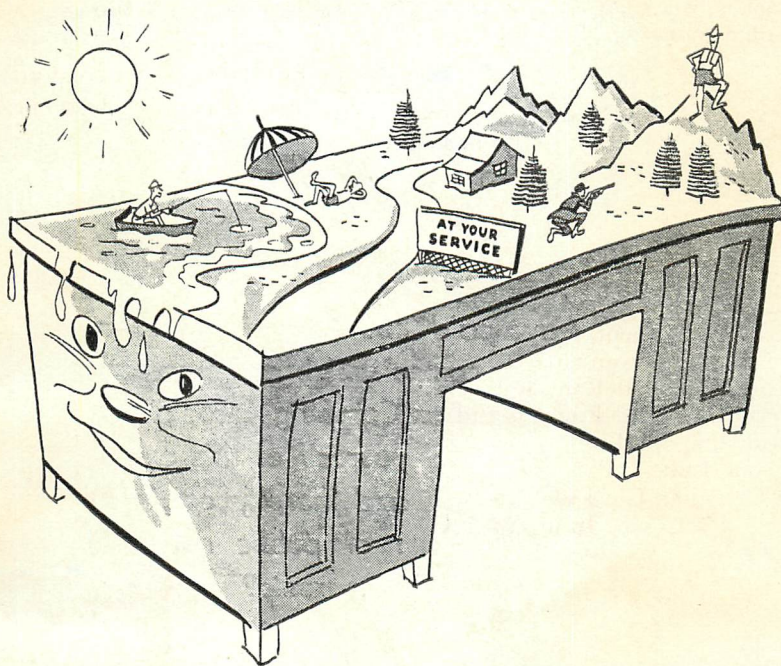
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